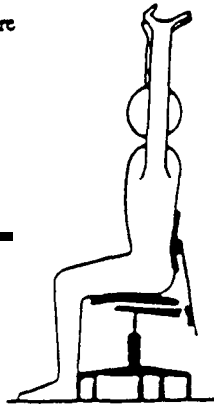


Many office workers have jobs where they sit or stand for long periods. Working in one position can lead to muscle pain and strain.

Exercises done at the desk can help.

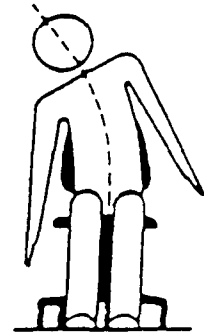
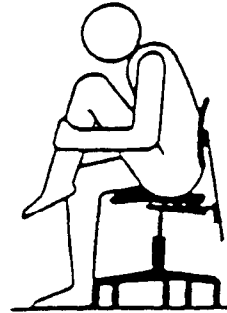
### TALL STRETCH

Interlock fingers, palms up. Stretch arms above the head until they are straight. Do not arch the back.



### SIDE STRETCH

Drop left shoulder, reaching left hand towards the floor. Return to starting position. Repeat on right side.

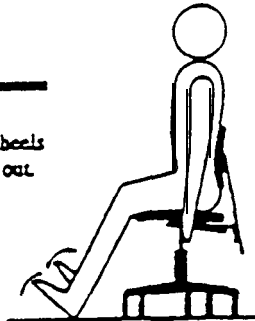


### BACK CURL

Grasp shin, lift leg off the floor. Bend forward (curling the back), reaching nose toward the knee.

### TOE-IN, TOE-OUT

Place feet shoulder-width apart, heels on the floor. Swing toes in, then out.



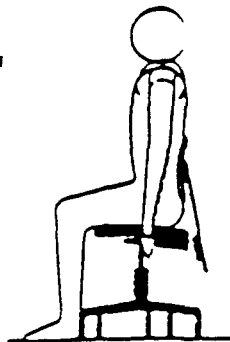
### ANKLE FLEX AND STRETCH

Hold one foot off the floor, leg straight. Alternately flex ankle (pointing toes up) and extend (pointing toes toward the floor). Repeat with the other leg.



### SHOULDER ROLL

Roll the shoulders—raise them, pull them back, then drop them and relax. Repeat in the opposite direction.



### LEG LIFT

Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold momentarily, return it to the floor and repeat with the other leg.

